



Robert E. Bush
Naval Hospital

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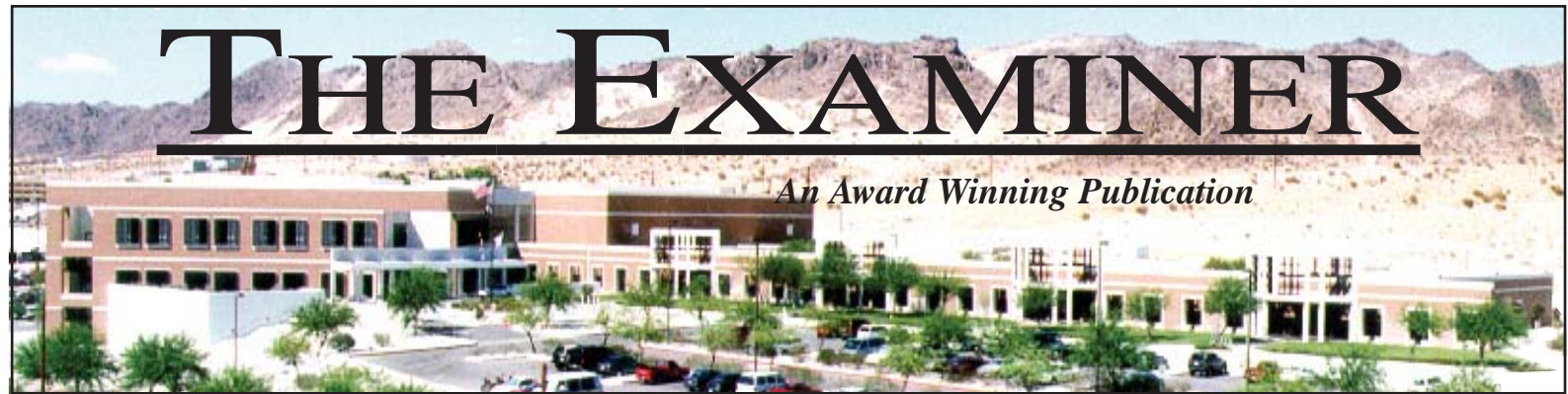
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Commanding Officer
Naval Hospital Public Affairs Office
Box 788250 MAGTF TC
Twentynine Palms, CA 92278-8250



<http://www.med.navy.mil/sites/nhttp/pages/default.aspx>

Robert E. Bush Naval Hospital Welcomes Aboard New Commanding Officer



Capt. Nadjmeh Hariri is piped aboard during her Change of Command ceremony May 26. (Photos by Lt. j.g. Qianning Zhang)

Captain Nadjmeh Hariri assumed command of the Robert E. Bush Naval Hospital during a traditional change-of-command ceremony May 26, outside the hospital's front entrance under cool, sunny weather. Outgoing Commanding Officer, Captain John A. Lamberton, Medical Service Corps, relinquished command to Captain Hariri, a Dental Corps officer, who arrived from Naval Health Clinic Cherry Point, North Carolina, where she was executive officer.

Captain Lamberton, who took command in May 2015, is moving to Northern Virginia where he has been assigned as the Executive Director Military Assistant, BUMED and Navy Medicine.

Captain Hariri, a native of Norman, Oklahoma, attended the University of Oklahoma and University of Oklahoma, College of Dentistry, graduating

in 1989 with a Bachelor of Science degree in Microbiology. She then earned a Doctorate of Dental Surgery degree in 1994 and completed a one-year residency in Advanced Education in General Dentistry, post graduation, and was commissioned a lieutenant in July 1995.

In 2003, Hariri completed residency training at the Naval Postgraduate Dental School, earning a Certificate in Periodontics as well as a Master's Degree in Health Sciences from George Washington University. She returned to college to earn a Master's degree in Management from Cambridge College, Massachusetts, in 2009.

Captain Hariri's first tour in 1995 was with Naval Dental Center, Pearl Harbor, Hawaii, as a clinician. In 1998, she reported to Naval Dental Center South East, Jacksonville, Florida, and served as depart-



Capt. Angela Nimmo pins the command pin in onto Capt. Nadjmeh Hariri's uniform. Capt. Hariri was Capt. Nimmo's executive officer at Health Clinic Cherry Point; and Capt. Nimmo was executive officer at the Robert E. Bush Naval Hospital from 2013 to 2015.

ment head. In 2000, she was promoted to the rank of Lieutenant Commander and reported to Naval Post Graduate Dental School, Bethesda, Maryland, for a three-year residency in periodontics. Upon completion, she reported to 3rd Dental Battalion/Naval Dental Center, Okinawa, Japan, in 2003. During this tour she served as the Officer-In-Charge, Camp Courtney, successfully achieving board certification and earning her Fleet Marine Force Warfare pin.

Soon after reporting to Naval Medical Center, Portsmouth, in 2006, Lt. Cmdr. Hariri was promoted to the rank of Commander and deployed to Expeditionary Medical Facility, Kuwait, serving as Department Head.

Upon her return, she assumed the role of Department Head, Naval Health Clinic, Naval Air Station Oceana, Virginia. She deployed again in 2009 as the

Director Branch Clinics and Director Dental Services to Medical Expeditionary Facility, Camp Arifjan, Kuwait. From 2009 to 2011, Cmdr. Hariri was a company commander for the 2nd Dental Battalion, Marine Corps Air Station, Cherry Point, North Carolina. She then transferred to Camp Lejeune, North Carolina, and served as Clinic Director, 22nd Dental Company, 2nd Dental Battalion for one year. While serving as Director for Clinical Services at Headquarters 2nd Dental Battalion/NDC from 2012 to 2013, she was promoted to the rank of Captain. Capt. Hariri was selected as the Associate Director for Primary Care and Branch Health Clinics, "The largest Directorate in Navy Medicine," at Naval Medical Center Portsmouth, Virginia, serving from 2013 to 2015.

From 2015 to 2017, she served as Executive Officer, Naval Health Clinic, Cherry Point.

Sailor in the Spotlight

Hospital Corpsman First Class Josephclint Canonigo



Hospital Corpsman First Class Josephclint Canonigo is the Leading Petty Officer for Staff Education and Training (SEAT). He arrived at NHTP in October 2015. Hometown is Cebu, Philippines, which he left when he was 17 to come to the U.S. He's been in the Navy for 14 years. He originally joined to gain U.S. citizenship, but found that the Navy, and especially being a Corpsman, agreed with him. "As time progressed, I enjoyed being in the Service and I enjoyed being a Corpsman," Canonigo said.

HM1 Canonigo is also the Command's legal clerk. He received formal training when he was assigned to Naval Hospital Sigonella and additional training when he came aboard NHTP. "It can be time consuming, depending on whether there is an active case," Canonigo said. "Attention to detail is extremely important. But it's also very interesting," he noted.

"HM1 Canonigo always has a good attitude, which is important," said Lt. Carolyn Hine, Legal Officer for the Command. "Being a legal clerk can be awkward, because we're dealing with individuals under legal review. HM1 Canonigo is always professional and respectful. He's an asset for the Command and he makes my life easier," Hine said.

"When he came on board, he immediately got involved and took ownership of his area, which is Staff Education and

Training," said Cmdr. Gary Grothe, NHTP Director for Administration. "He was able to improve our training compliance for the Command, which is obviously important for The Joint Commission as well as for MED IG compliance."

HM1 Canonigo has earned the Fleet Marine Force and Expeditionary Warfare badges. His favorite assignment during his Navy career was being assigned to an expeditionary unit as the sole Corpsman--allowing him a great degree of independence. He's been awarded the Navy and Marine Corps Commendation Medal, his first award, received in Sigonella, Italy, as well as the Army Commendation Medal. Canonigo said the U.S. Army medics with whom he's worked were impressed with Navy Corpsmen's skills and knowledge.

As Leading Petty Officer for SEAT, HM1 Canonigo supervises many newly assigned, fresh-from-school Sailors. In that role, he stresses teamwork. "It's not just about you," he tells inexperienced Sailors. "You're in the military. The success of your team has a direct bearing on your own success." Characteristics for success, he said, include perseverance, thorough knowledge of one's job, professionalism and exhibiting proper military bearing.

For hobbies, HM1 Canonigo enjoys video games and spending time with his daughters.



Marines shelter in place during the Active Shooter Full-Scale Exercise held on May 16. The exercise allowed the naval hospital, Provost Marshal's Office, Combat Center federal fire department and the Criminal Investigative Service to practice and assess the ability to detect, identify and respond to an active shooter and evaluate mass-casualty procedures. The Continuity of Operations Plan procedures, the Rescue Task Force concept as well as staff shelter-in-place reactions were also evaluated for refinement and future planning purposes. (Photo by Dave Marks)

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Preventive Medicine Corner

Submit Questions/Concerns and Tanya Will Provide Answers



Tanya Stuckey

Dear Tanya,
My husband came back from deployment a long time ago but hasn't been able to quit smoking and dipping. In the past he was

able to quit with no problem after a deployment. He's been trying really hard, and I feel like I am nagging him. I used to smoke and I know it is hard to quit. How can I be supportive and help without being too pushy? Since the prices have gone up, it really hurts our family budget too. Please help!

Signed,
Going up in smoke

Dear Going Up in Smoke,
You are right, quitting any type of tobacco is hard, especially if you smoke or dip for a long time. There is help for him!

Health Promotions in the naval hospital can help him quit. Knowledge is power so he will

learn easy tips on changing habits, comfort measures like drinking a lot of water and he will learn about medication options that can make it easier to quit. He'll also get help on staying tobacco free for the rest of his life. You are playing an important role by encouraging him and believing in him. If and when he is ready to quit and get help, all he has to do is call (760) 830-2814 and set up an appointment. In case he is concerned about talking in a group environment or scheduling conflicts, these services are scheduled as individual appointments and can be worked around his schedule. No classes, no pressure, just information. It's that easy.
--Tanya



Hospital Corpsman Third Class Jaimey Monroe reenlisted for three more years May 15. HM3 Monroe is originally from Orlando, Florida. She enlisted into the Navy five years ago and has been at the Robert E. Bush Naval Hospital for three years. HM3 Monroe is the Assistant Lead Petty Officer for the Post-Anesthesia Care Unit (PACU). Lt. Kendra Foreman is the reenlisting officer.

Just One Cigarette Per Day Significantly Reduces Life Expectancy

People who consistently smoked an average of less than one cigarette per day over their lifetime had a 64 percent higher risk of earlier death than never smokers. Those who smoked between one and 10 cigarettes a day had an 87 percent higher risk of earlier death than never smokers, according to a new study from researchers at the National Cancer Institute (NCI). Risks were lower among former low-intensity smokers compared to those who were still smokers, and risk fell with earlier age at quitting. The results of the study were reported December 5, 2016, in JAMA Internal Medicine. NCI is part of the National Institutes of Health.

When researchers looked at specific causes of death among

study participants, a particularly strong association was observed for lung cancer mortality. Those who consistently averaged less than one cigarette per day over their lifetime had nine times the risk of dying from lung cancer than never smokers. Among people who smoked between one and 10 cigarettes per day, the risk of dying from lung cancer was nearly 12 times higher than that of never smokers.

The researchers looked at risk of death from respiratory disease,

such as emphysema, as well as the risk of death from cardiovascular disease. People who smoked between one and 10 cigarettes a day had over six times the risk of dying from respiratory diseases than never smokers and about one and one-half times the risk of dying of cardiovascular disease than never smokers.

Smoking has many harmful effects on health, which have been detailed in numerous studies since the U.S. Surgeon General's 1964 report linking smoking to lung cancer. The

health effects of consistent low-intensity smoking, however, have not been well studied and many smokers believe that low-intensity smoking does not affect their health.

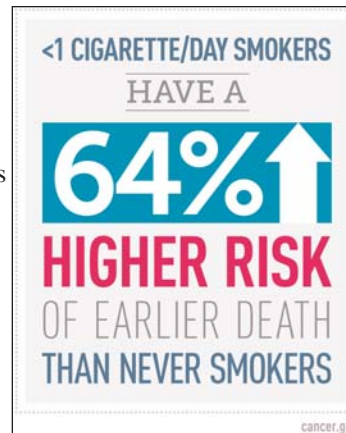
To better understand the effects of low-intensity smoking on mortality from all causes and for specific causes of death, the scientists analyzed data on over 290,000 adults in the NIH-AARP Diet and Health Study.

Low-intensity smoking was defined as 10 or fewer cigarettes per day. All participants were age 59 to age 82 at the start of the study. Participants were asked about their smoking behaviors during nine periods across their lives, beginning with before they

reached their 15th birthday until after they reached the age of 70 (for the older participants). Among current smokers, 159 reported smoking less than one cigarette per day consistently throughout the years that they smoked; nearly 1,500 reported smoking between one and 10 cigarettes per day.

The study relied on people recalling their smoking history over many decades, which introduced a degree of uncertainty into the findings. Also, despite the large number of people surveyed, the number of consistent low-intensity smokers was relatively small.

Reprinted from the NIH National Cancer Institute website. To see the complete article, please visit NIH.gov



Awardees...

The following awards were presented during the First Friday Award Ceremony, May 5, 2017, at the NHTP flagpole. Hospital Commanding Officer, Capt. John A. Lamberton, was the presenting officer.



Capt. Jeffrey Bitterman is awarded the Meritorious Service Medal.



Ms. Barbara Ricker is presented with a Letter of Commendation citing her selection as Senior Civilian of the Quarter for the period Jan. 1, 2017, to Mar. 31, 2017.



Lt. Temitope Ayeni is presented with a Letter of Commendation citing his selection as Officer of the Quarter for the period Jan. 1, 2017, to Mar. 31, 2017.



Hospitalman Joshua Creech is presented with a Patient Safety Award.



Hospital Corpsman Third Class Michelle Bowles is presented with a Patient Safety Award.



Cmdr. Michelle French is awarded the Meritorious Service Medal.



Hospital Corpsman Second Class Serrita Coleman is presented with a Letter of Commendation citing her selection as Junior Sailor of the Quarter for the period, July 2016 to Sept. 2016.



Hospitalman Riley Driscoll is presented with a Letter of Commendation citing his selection as Blue Jacket of the Quarter for the period, October 2016 to December 2016.



Hospitalman Erika Fernandez is presented with a Patient Safety Award.



Hospital Corpsman First Class Tia Brown is awarded a Navy and Marine Corps Commendation Medal.



Lt. Cmdr. Anthony Biascon is presented with a Patient Safety Award.



Right: Ms. Holly Stevenson is presented with a Patient Safety Award.



Mr. Todd Phelps is presented with a Federal Length of Service Award in grateful recognition and appreciation for his 15 years of faithful service to the federal government.



Lt. j.g. Michelle Garton is presented with a Flag Letter of Commendation citing her selection as the 2016 Surgeon General's Good Catch Award.



Hospitalman Philip Howell is presented with a Patient Safety Award.



Hospital Corpsman First Class Joshua Lukacovic is presented with a Letter of Commendation citing his selection as Senior Sailor of the Quarter for the period, Oct. 2016 to Dec. 2016.



Ms. Denise Bulkley is presented with a Letter of Commendation citing her selection as Junior Civilian of the Quarter for the period, Jan. 1, 2017, to March 31, 2017.



Hospital Corpsman First Class Diana Rudolf is presented with a Letter of Commendation citing her selection as Senior Sailor of the Quarter for the period, July 2016 to Sept. 2016.



Hospital Corpsman First Class Duncan Stewart is awarded the Navy and Marine Corps Commendation Medal.



Lt. j.g. Elena Williams is awarded the Navy and Marine Corps Achievement Medal.



Ms. Catherine Winsor is presented with a Letter of Commendation citing her selection as Junior Contractor of the Quarter for the period, Jan. 1, 2017, to March 31, 2017.



Hospital Corpsman Third Class Anthony Winsor is presented with a Flag Letter of Commendation signed by Rear Adm. D.D. Gabrielson.



Far left: Awardees stand at attention while the Commanding Officer holds Capt. Jeffrey Bitterman's Meritorious Service Medal, imbuing it with the words from the award. Left: Awardees are congratulated by NHTP staff following the ceremony.

Introducing New Staff -- Welcome Aboard!



HM1 Shawn Cairy

Hospital Corpsman First Class Shawn Cairy arrived from the Naval Operations Support Center, Naval Station Great Lakes. He was there for only a few months while he transitioned from the Navy Reserves to active-duty status. He's been in the Navy 19 years and spent 15 years in the Reserves. Home town is Great Lakes, Illinois. On reserve status, HM1 Cairy spent nine years at Naval Medical Center Bethesda (before it was designated Walter Reed National Medical Center) performing "roughly 4,000 physical health assessments per year," he said. It took joining the Reserves, he said, to understand "the intricacies of command and the requirements for success," which he looks forward to sharing as an E-6. He and his family will move into base housing in June. HM1 Cairy has a Bachelor's degree in healthcare management from Southern Illinois University. For hobbies, he enjoys watching anime, movies, and occasionally taking a stroll.



HM3 Chase Chappell

HM3 Chase Chappell arrived from the 3d Light Armored Reconnaissance Battalion BAS, where he's spent the past three years. He's been in the Navy four years and is from Cedar City, Utah. He joined the Navy out of an attraction to the medical field and because there's a large military influence in his family. "Becoming a Corpsman seemed the way to go," he said. HM3 Chappell's goal is to become a nurse practitioner and eventually a flight nurse. For hobbies he enjoys reading, non-fiction to science fiction. He also enjoys hiking, rappelling and climbing. He ticked an item off of his bucket list when he fast-roped out of a helicopter while on deployment. HM3 Chappell helped in the transition from the 3d LAR BAS to the new Adult Medical Care Clinic. "When we used to send people out for labs or to radiology, it really prolonged the process. With everything under one roof, however; everything you need is right there; and we're saving a lot of time," he said.



HN Aaron Foster

Hospitalman Aaron Foster arrived from the 2nd Battalion, 7th Marine Battalion Aid Station. Originally from Medford, Oregon, he joined up from a desire to get into the medical field. He wanted to be an EMT, but didn't want to go back to school, so he looked into becoming a Navy Corpsman. "I could work with the Marines, see some cool stuff and accomplish the goal of getting into the medical field, he said. He's enjoyed it so far. His favorite assignment was when he deployed with the Army "We worked with an Army forward surgical team. I enjoyed everyone's company. And it was fun living on the bare minimum and eating MREs for a couple of weeks." He's been taking classes at Copper Mountain College to become a registered nurse. "The military gave me a newfound appreciation for school," Foster said. Foster loves the Mojave Desert. "There's a lot to do here and the sunsets are beautiful," he said. Hobbies include golf and working out.



Mr. John Kirby

Mr. John Kirby is our new Safety and Occupational Health Specialist, assisting the Safety Officer. He arrived from the Non-appropriated funds side of MCCS where he was a project manager and safety officer. He worked on the MCAGCC Child Development Center, which opened in February, 2016. Hometown is Norfolk, Virginia, but he spent his high-school years in Annapolis, Maryland, and claims Navy as his team when discussing college football. Mr. Kirby attended college at West Virginia University, working for a business administration degree. He looks forward to bringing his knowledge of base safety issues to his new assignment. "I've been indoctrinated by Center Safety and have knowledge of base safety issues," he said. He and his wife live in Joshua Tree. Hobbies include golf. "I love golf; I'm not sure it likes me," he said. He also likes fishing, but hasn't fished since he was a project manager in Alaska, where he reeled in a 52-pound salmon.



HM3 Jacob Jones

Hospital Corpsman Jacob Jones arrived from the 2nd Battalion, 7th Marines BAS in late April. He's been in the Navy for four years. Hometown is Elliott, Iowa. He joined the Navy from family tradition. "My uncle was a sub officer; all of my great uncles were boatswain's mates in Vietnam and in Korea," he said. Jones said he "tripped and fell into boot camp," following high school. At NHTP, he's an ER attendant. He deployed twice during the three years he was with the BAS. He says he appreciates life on the blue side. "The hospital is so nice," he said. "The people are nice, the patients are nice. Everything's nicer here." HM3 Jones plans to return to civilian life after this tour. He wants to pick up a trade (welder or electrician) or become a game warden/wildlife manager. Hobbies include camping and fishing. HM3 Jones is most enthusiastic about his Blue Heeler puppy, which he will show pictures of and describe the trip to Kansas where he went to pick her up.



Hospital Corpsman Second Class Seth Anderson reenlisted May 5 for six more years. HM2 Anderson is the Assistant Lead Petty Officer for the Staff Education and Training Department. He's been in the Navy for almost eight years and has been at NHTP for eight months. He grew up in the Belgian village of Naast near the town, Soignies. Lt. Cmdr. Derrick Lebeau was the reenlisting officer.



Hospital Corpsman Third Class Trevor Williams reenlisted for three more years June 1. HM3 Williams is currently assigned to SEAT. He's been in the Navy four and a half years and is from Tulsa, Oklahoma. Reenlisting Officer is Lt. Amelia Buttolph. By NHTP tradition, HM3 Williams gets to designate a shipmate who will receive a 72-hour special liberty pass; and HM3 Williams chose Hospitalman Philip Howell. Note: The NHTP Triad is standing in the background with only Command Master Chief Jerry Ramey visible.



L-R: Ms. Malori Harris, Hospital Corpsman Third Class Jonathon Waller, Hospital Corpsman Third Class Alexandria Yeoman, Lt. Karen Sanchez, Mr. Philip Breault and Mr. Albert Williams were recognized for their superior customer service during the May 17 Sea Star award ceremony. Staff, military, civilian and contract, are recognized through patient comment cards, ICE comments, emailed comments and other means of communication.



Cmdr. Michelle French is presented with a farefare paddle commemorating her end-of-tour. Cmdr. French began her four-year-tour at NHTP as Emergency Medicine Department Head and Assistant Director for Medical Services. Cmdr. French, a clinical nurse specialist, is departing the command as the Sexual Assault Medical Forensic Examination Program Manager. Cmdr. French stood up the Medical Forensic Examination program at NHTP, pioneering the concept of telemedicine into the program, and was so successful, she is taking the concept to Navy Medicine West as its Sexual Assault Forensic Examination Trainer. She will spend the next year visiting NAVMED West facilities promoting and expanding the program. Pictured L-R: NHTP Executive Officer, Capt. Jeffrey Bitterman, Director for Medical Services Cmdr. Christopher Abbott, Lt. Shannon Dummer, Cmdr. Michelle French, Senior Nursing Executive, Capt. Jeffrey Bledsoe and NHTP Commanding Officer, Capt. Nadjmeh Hariri.



Som Harz shows off her honorary Desert Rat certificate, after it was bestowed to her outside the Emergency Room entrance.



Som Harz cuts the celebratory cake, designed and created by Culinary Specialist Third Class Alexandria Johnson, at the Hail and Farewell held for Som on June 2. Hospital leadership, Directors and staff attended and were entranced by Som's Thai dance and her message of teamwork and love.

Som Harz Leaves NHTP After 32 Years as Hospital Mom

Ms. Som Harz began working at NHTP just as it was redesignated from Branch Hospital Camp Pendleton to its own command, in 1988, when the hospital was still housed in what is now the base Village Center. She was working as a medical technician for the Emergency

Department then; and 32 years later, she is departing to spend time with grandchildren and family in Texas, still as a medical technician in the NHTP ER. During those 32 years, Som was a driving force in celebrations, holidays and hail and farewells. "Som has been taking care of me since I was Lieutenant Stone in the ER," said Cmdr. Wendy Stone. "I'm really going to miss my second mom," Stone said. Fair winds and Following seas, Som!

